

Barbara Stroud, Ph.D.

DrBarbaraStroud.com

California Association for Infant Mental Health Inaugural President 2017-2019

ZERO TO THREE Fellow 2004 - 2006

California Endorsement –IFECMHS 0-5 Mental Health Specialist

IFECMH Reflective Practice Facilitator Mentor

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EDUCATION

9/1987 - 11/1992

Nova Southeastern University, School of Psychology;

Fort Lauderdale, Florida

Degree: Ph.D. Clinical Psychology with a specialty in Applied Developmental Psychology

9/1982 - 5/1986

University of the Pacific;

Stockton, California

Degree: BA Psychology and Human Development Graduated Magna Cum Laude

EMPLOYMENT

10/2006 – Present

Infant Mental Health Training Consultant

Dr. Barbara Stroud, LLC

www.drbarbarastroud.com

Duties: Design and present original training curriculum to target the needs of agencies serving families with children birth to five; Providing virtual and face to face trainings in the areas of relationship-based interventions, trauma informed services for children under five and their families, culturally responsive care for all service providers, embracing an antiracist service delivery system, and reflective practice facilitation support; Offering reflective consultation to individuals and agencies that support vulnerable families; Training services target, mental health, part C, early intervention, early care and education, child welfare, family law, nursing, parents, and more.

9/2022 – Present

Reflective Supervision Collaborative: Reflective Mentor –

Providing monthly reflective consultation to participants in an eight-month reflective supervision training experience steeped in diversity, equity, and inclusion issues. Training includes synchronous and asynchronous learning, integration of DEI concepts within all content and the reflective experience.

- 5/2014 - Present **Reflective Consultation: KC Kids Early Learning Center** – Provide monthly reflective practice consultation to the reflective leadership team as well as front line staff; Facilitate the integration of infant mental health and reflective practice within a trans-disciplinary early learning program.
- 4/2018 – 11/2024 **Faculty** – University of Wisconsin Infant, Early Childhood and Family Mental Health Capstone Certificate Program
- 1/2016 – 6/2023 **Ventura County Behavioral Health: 0-5 Child Welfare Clinical Capacity Building Project** – Providing an ongoing intensive series of Infant Mental Health trainings to Ventura County clinical staff working with children 0-5 involved in Child Welfare; Training participants attend a follow up monthly reflective supervision for up to 11 months.
- 12/2020 – 5/2021 **Racial Equity Consultant: Developmental Disabilities and Early Childhood Supports Division of King County** – Provided consultation from an equity and social justice lens to national coaching experts on content designed to assist Part C professionals in adopting coaching strategies within their service delivery to children and families.
- 1/2020 – 12/2021 **Reflective Supervision Consultant to the Nevada Department of Health and Human Services, Division of Child and Family Services** – A two-year training project focused on building reflective supervision capacity within the leadership of the Nevada state DCFS system; project included twice a year 2-hour trainings on reflective supervision provided every 6 months for a period of two years; additionally, participants attended monthly reflective supervision groups for a total of 24 months to facilitate the full integration of reflective concepts.
- 3/2020 – 11/2020 **Center for Early Education and Development (CEED): University of Minnesota** – Developed two original interactive virtual training sessions for the CEED’s Reflective Supervision and Consultation Self-Study online series. Content focus was to address issues of culture, implicit bias, and equity. Created two interactive training sessions which included, recorded lecture, selected readings, supplemental material via video, and reflective questions. Session titles included: [*Tackling the Elephants in the Room Part 1: Exploring issues of cultural humility and privilege*](#), [*Tackling the Elephants in the Room Part 2: Unpacking implicit bias and moving from equity to justice*](#).

- 1/2015 – 8/2021 **UC Davis Extension Instructor;** Napa Infant-Parent Mental Health Fellowship Program
- 6/2020 – 4/30/21 **Children’s Institute Inc. Consultant: Addressing Systemic Racism at the Agency Level and within Service Delivery –** Working primarily with the Agency President/CEO and the Department of Diversity, Equity, and Inclusion staff to create a systems level approach to mitigating systemic racism.
- 2/2014 – 12/2018 **Consultant to the CA Center – IFECMH Endorsement Reviewer –** provided support to the CA Center leadership team, ongoing review of endorsee candidates, and addressed endorsement applicant questions.
- 7/2015 - 8/2015 **ZERO TO THREE DC:0-5 Expert Faculty Reviewer –** Reviewed international applicants and provided feedback to the ZERO TO THREE selection committee for newly appointed DC:0-5 Expert Faculty Trainers.
- 2/2014 - 11/2016 **CA Center Leadership Team Member –** Participated in the development of policies and procedures surrounding Infant Family Early Childhood Mental Health Endorsement in California; contributed to the California Compendium of Training Guidelines.
- 9/2011 – 6/2015 **Consultant to the Alaska Infant Learning Program: A Division of the Alaska Department of Health and Social Services;** Anchorage, AK – Provided reflective consultation support to state level staff in the practice and implementation of reflective practice strategies across all Part C state staff –Infant Learning Program grantees.
- 4/2009 – 12/2014 **Faculty -** University of Massachusetts Boston Infant-Parent Mental Health Post-Graduate Certificate Program: Napa, CA
- 9/2008 – 12/2010 **Community Training Manager**
Child Development Institute; Woodland Hills, CA
Developed, coordinated, and designed professional trainings in the areas of infant mental health, child development, children with special needs, family supportive services, cultural diversity, and other titles as needed; Researched best practice models, developed original curriculum, provided training, and supervision as needed.

5/2002 – 8/2008

Director of Early Intervention and Community Wellness

Los Angeles Child Guidance Clinic; Los Angeles, CA
Developed, implemented, and supervised all services for clients birth to five and their families; This included the following clinic services: Early Intervention Day Treatment, Outpatient services for clients birth to five, co-coordinating pre-school based mental health consultation project; Actively participated in program development, ongoing training, and staff development; Supervised all aspects of program management; Developed nationally award winning infant/toddler attachment promotion program for children at risk; Worked on the Los Angeles County recommended training standards for all 0-5 mental health providers.

6/2002 – 9/2008

Part-time Lecturer, Master's in Counseling Program

California State University Long Beach
Teaching master's level counseling classes including: *Group Counseling, Introduction to Clinical Interviewing, Counseling Children & Adolescents, and Field Supervision*; Developed and implemented curriculum to enhance the training and professional development of graduate students.

PROFESSIONAL ACTIVITIES

6/2022 – Current

BIPOC Reflective Groups

The facilitation of online reflective spaces for BIPOC professionals to consider the multiple challenges and microaggressions that remain present in work, community, and university settings, as well as how systemic inequity continues to impact professionals in the field.

4/1/23 – 6/30/24

Los Angeles Office of Education: Manager's Reflective Capacity Building Project – intensive training project to promote reflective practice skills within the LACOE Leadership Team (Directors and Management Staff). Project included, bringing reflective concepts to leadership team meetings. Intensive reflective support for each manager inclusive of 1:1 reflective practice, group reflective support, and building peer to peer support partners to facilitate the sustainability of newly developing reflective skills.

2/2023 - 3/2023

Doula Relational Health Training Video - Center for the Study of Social Policy, contracted to develop video content for a doula training program in promotion of increasing positive birth outcomes for Black mothers.

- 8/2020 – 1/2021 **RIOS™ Manual Review - Center for Early Education and Development (CEED), University of Minnesota** – Provided a comprehensive review of the RIOS™ Manual with a critical lens for issues of cultural humility, racism, and implicit bias within the context of reflective supervision/consultation and the RIOS™ framework.
- 6/2018 – 2/2020 **Advisory Board Side by Side: Enriching Children’s Lives Through Parent-Provider Partnerships** – Functioned as a subject matter expert in infant mental health and diversity to this parent/provider training series facilitated by the Harbor Regional Center and funded by a Mental Health Services Act grant in partnership with the California Department of Developmental Services; Acting consultant to the Project Coordinator.
- 11/2017 – 12/2019 **California Association for Infant Mental Health Board President** – Assisted in the administrative management of this state level organization dedicated to the social and emotional needs of children prenatal to five; Assisted in the implementation of our mission – *To bring together as a common voice organizations and individuals who promote caregiver-child relational approaches to both prevent and heal adversity in young children prenatally to five.*
- 10/2017 – 12/2019 **National Advisory Board Member for Rural Opportunity Institute (ROI)** - Subject matter expert in Infant Mental Health *Rural Opportunity Institute (ROI) is a social innovation lab that designs solutions built around the needs of families who have untreated trauma in rural Eastern North Carolina. We use systems thinking to understand the broad forces impacting individuals in trauma and identify highest-leverage opportunities for intervention that deliver return on investment.* [Rural Opportunity Institute](#)
- 1/2015 – 6/2018 **Los Angeles County Dept. of Mental Health: Culturally Sensitive Practice, Engagement without Insult** – Provided ongoing training in response to Katie A. compliance recommendations, for mental health providers working directly with children and families in the child welfare system; This training addressed issues of culture and diversity, historical trauma, current research on the neurological impact of discrimination and racism.
- 9/2016 – 5/2018 **Ventura County Behavioral Health: Child Welfare Infant**

Mental Health Training – Provided introductory single day training to child welfare staff at all levels; Training content included: basic infant mental health, brain development, attachment, the development of emotional regulation, trauma in young children, and best practice research regarding trauma responsive services for children birth to five; During this project approximately 400 Child Welfare staff received this introductory session.

6/2016 – 11/2017

CalAIMH (California Association for Infant Mental Health)
Founding Committee Co-director – Co-facilitated the process of developing and launching a California Affiliate to the World Association for Infant Mental Health.

3/2009 – 4/2017

ZERO TO THREE National Training Institute Proposal Review Committee – Participated in the blind review of scientific and clinically based workshop training proposals for selection to the ZERO TO THREE National Conference.

4/2014 – 6/2015

First 5 Contra Costa County: Reflective Practice Supervision Training – Over a two-year training period, provided training in order to build proficiency among birth to five children’s programs; Training included ongoing skill building for program supervisors and introductory level sessions for department staff.

10/2011 – 6/2013

Los Angeles County Dept. of Mental Health: Integrating the Core Practice Model in Reflective Supervision – Provided reflective supervision groups to intensive field based mental health provider agencies and DMH navigators in support of integrating the Core Practice Model into direct service activities in line with the Katie A. compliance requirements.

7/2011 – 11/2012

Accredited Triple P Trainer – As a consultant for Triple P America, provided training in the Evidence Based Positive Parenting Program – Triple P.

7/2009 – 6/2012

Training Consultant for ZERO TO THREE: Coming Together Around Military Families® - Provided training to Military staff providing child care or family support services, regarding the developmental needs of children 0 to 5, indicators of, and responses to, trauma in young children; and how to support relationships/attachments for children and families within the

Military culture.

1/2000 - 1/2010

ICARE (Infancy, Childhood And Relationship Enrichment) Steering Committee Member – Los Angeles County Department of Mental Health: Defined service delivery standards and minimum training requirements for all birth to five mental health providers within LA County.

1/2007 - 12/2009

ZERO TO THREE National Training Institute Planning Work Group – supported the planning and content development for the Annual National Training Institute program.

PUBLICATIONS

Stroud, B., Epstein, A., & Tamkin, V.L. (2024). The Concept of Attachment to the Mother Country from the Perspective of the BIPOC Family. In C. Barron, & K. A. Willson (Eds), *Honoring Voices within Infant and Early Childhood Mental Health: Relationship-Based Stories from the Field*. Washington, DC: Zero to Three

Finello, K. M., Heffron, M.C., & Stroud, B. (2016). Measuring Process Elements in Reflective Supervision: An instrument in the making. *Zero to Three, 37(2)*, 39-45.

Stroud, B. (2015). *Intentional Living: finding the inner peace to create successful relationships*. North Charleston, South Carolina.

Stroud, B. & Morgan, M (2014). Basics of counseling in infant-parent and early childhood mental health. In K. Brandt, B. Perry, S. Seligman, & E. Tronick (Eds.), *Infant and early childhood mental health: Core concepts and clinical practice*. Arlington, VA: American Psychiatric Press, Inc.

Stroud, B. (2012). *How to Measure a Relationship: A practical approach to dyadic intervention*. North Charleston, South Carolina.

Stroud, B. (2010). Honoring diversity through a deeper reflection: Increasing cultural understanding within the reflective supervision process. *Zero to Three, 31(2)*, 46-50.

SELECTED PRESENTATIONS

What Supervisors are Saying and Not Saying About Culture, Privilege, and Equity in Supervision, Poster Presentation. WAIMH Interim World Congress; Tampere, Finland. June 5-7, 2024

DEI From an Infant Mental Health Lens. Iowa Association for Infant and Early Childhood Mental Health; Required endorsement training topic. Des Moines, IA. May 22, 2024

Remembering our Passions – Aligning Systems with an Equity Lens. May 21, 2024 and ***Reflective Practice Skills for Everyone.*** May 7, 2024 Local Public Health Association of Minnesota

Relationships, Regulation, and Resilience (Keynote). Kansas Association for Infant Mental Health; Oakland Park, KS. April 18, 2024

Resilience Begins with Relationships (Keynote). ***Community Listening Circle Facilitator.*** First 5 San Benito County; Hollister, CA. February 29, 2024

Promoting Social Emotional Development Post-COVID, While Holding a Lens of Equity (Keynote). Utah Association of Infant Mental Health; February 3, 2024

Challenging What We Know: Deconstructing Colonialism (Guest Lecturer). UMass Chan Medical School Fellowship in Early Relational Health; January 28, 2024

Celebrating Diverse Voices: Exploring Diversity-informed Tenet #4 (Keynote). Connecticut Association for Infant Mental Health, Inc. Branford, CT. November 16, 2023

CalAIMH – Honoring Our Past and Preparing for a More Equitable Future (Keynote). California Association for Infant Mental Health; Ontario, CA. October 28, 2023

Reflective Supervision - full day Supervisor’s Training. East Bay Agency for Children; California. August 25, 2023

Centering Humanity in our Journey as Diversity Informed Healers (Keynote). Florida Association for Infant Mental Health; June 27, 2023

Equity Starts From Within: A Social Justice Lens to Engaging Participants and Families Jefferson County Behavioral Health Services; Required all staff training. Jefferson, WI. April 13, April 17, April 24, and May 3, 2023

Reclaiming Our Brilliance (Keynote). Birth of Brilliance Conference; San Diego, CA February 23, 2023

Situating Identity, Diversity, Equity, and Inclusion into DIR-Centered Work (Keynote). Profectum Fall Conference; November 10, 2022

Demonstration Session

- Live Reflective Supervision Demonstration

Back to Basics: Remembering What We Know (Keynote). Minnesota Association for Children’s Mental Health Annual Conference; Minneapolis, MN. November 7 - 8, 2022

Breakout Workshop

- Examining Implicit Biases to Increase Equity

Explorations in Development: Two Day Virtual Conference (Keynote). Merrill Palmer Skillman Institute; October 13 – 14, 2022

Day One Keynote - Surviving and Thriving: Reflecting on The Challenge

Day Two Keynote - Surviving and Thriving: Preparing for Our Future

Bridging Relationships: A Deeper Look at the Co-created Intervention Experience (ZERO TO THREE Practice Plenary Speaker); ZERO TO THREE National Virtual Conference; September 12, 2022

Considering the Complexity of Culture from an Infant Mental Health Lens. Association for Infant Mental Health – United Kingdom, Virtual Members’ Lecture; October 6, 2022

Early Childhood Mental Health: is Social Emotional Support (Keynote). Merced County First 5 Children’s Summit; Merced, CA. August 31, 2022

Supporting Social Emotional Needs and Enhancing Emotional Communication (Keynote). Wisconsin Head Start Association Virtual Conference; February 28, 2022

Breakout Workshop

- Relationships are Key to Development

Cultural Identity Begins with Birth (Keynote). Kansas Early Childhood Development Virtual Conference; February 24, 2022

Breakout Workshop

- Bringing Cultural Identity into our Infant Mental Health Practice

Autism in a Time of COVID: Impact of Chronic Stress and Trauma. (co-presenter with Serena Wider, PhD. and Gilbert Foley, EdD.) ZERO TO THREE National Virtual Conference; October 27, 2021

Holding Steady While Moving Ahead. (co-presenter with Mary Claire Heffron, PhD. Nichole Paradis, LMSW. and Aditi Subramaniam LMHC, R-DMT,) ZERO TO THREE National Virtual Conference; October 25, 2021

Understanding Reflective Practice for Personal and Professional Use. Los Angeles Department of Mental Health - University of California Los Angeles Early Childhood Fellowship; Los Angeles, CA. October 2, 2021

Social Emotional Health Starts with Families (Keynote). Sonoma County Early Learners Zoom Conference 2021; Sonoma, CA. August 29, 2021

Breakout Workshop

- Supporting Development in Times of Challenge

Examining Implicit Bias Embedded in our Developmental Science. Jewish Family and Children’s Services; Waltham, MA. May 14, 2021

Keynote: Listening to Babies - Parent/Provider Training. Family Study Center University of South Florida; Saint Petersburg, Fl. February 23 and 26, 2021

Breakout Workshop

- Surviving While BIPOC: Examining the Socio-Cultural Element of Development

Promoting Development and Empowering Families via Systems Development. Foundations in Infant Mental Health Lecture Series (2020/21); Sick Kids Learning Institute, Toronto, Canada. June 11, 2020

Holding Grief and Loss to Facilitate Resilience. Alberta Home Visiting Network Association- Webinar; Edmonton, Alberta. June 9, 2020

Covid-19 Tips for Parents. March 16, 2020. YouTube training video, successfully received internationally with over 19,000 views - <https://www.youtube.com/watch?v=MdKeau2huT4>

Healing the Hurt: Using Relationship-based Interventions to Facilitate Trauma Repair (Keynote). Utah Association for Infant Mental Health; Salt Lake City, UT. February 7, 2020

A Developmental Approach to Trauma Repair (Keynote). Juvenile Justice Youth Summit; Prince Edward Island, Canada. October 24, 2019

Understanding Implicit Bias: Personally and Professionally. Los Angeles Best Babies Network Training; Los Angeles, CA. September 2019, 6 days of training to support approximately 350 birth to three home visiting professionals

Bringing Cultural Humility to Reflective Practice (Keynote). Early Start Partners Symposium; San Diego, CA. May 23 - 24, 2019
Breakout Workshop

- Privilege and Prejudice: Addressing Hidden Biases

Social Emotional Development - Strategies to Promote Success. Westside Regional Center; Culver City, CA. April 25, 2019

Attachment Facilitates Development. UCFS Benioff Children's Hospital Oakland Grand Rounds; Oakland, CA. August 21, 2018

Mentalizing: A process that builds culturally informed work (Keynote). Washington State Infant and Early Childhood Conference; Seattle, WA. May 4, 2018
Breakout Workshop

- Reflective Practice as a Mentalizing Skill Set

Honoring Cultural Differences in the Mental Health, Child Welfare and Foster Care Systems. Invited Speaker - Helping Families Change; International Conference, Santa Rosa, CA. March 1, 2018

It Sounds Good in Theory – But is Challenging in Practice! Implementing and Sustaining Reflective, Relationship-Based Practices Within Agencies and Systems. (co-

presenter with Kadija Johnston, LCSW, Mary Claire Heffron, PhD, Trudi Murch, PhD, CCC-SLP, and Jodi Whiteman, M.Ed.) ZERO TO THREE National Conference: Pre-Institute; San Diego, CA. November 28, 2017

Building Relationships to Support Families in Times of Stress (Keynote). Sonoma County Early Childhood Mental Health Summit; Sonoma, CA. September 28, 2017

Breakout Workshops

- How to Measure a Relationship
- Families as Complex Cultural Systems

Healing Relationships: Supporting Vulnerable Families in Stressful Times. Safestart – San Francisco Child Abuse Prevention Center; San Francisco, CA. June 9, 2017

Resilient Parents build Successful Children: Parent Training. Harbor Regional Center; Torrance, CA. March 11, 2017

Engaging Complex Families from a Culturally Respectful Lens. Visions for Learning Home Visiting Institute; Tumwater, WA. June 20, 2016

Toward Mindful Practice: Developing Reflective Supervision Skills. Adelphi University Institute for Parenting - Training Series; Garden City, NY. May 13, 2016

Connecting Culture, Relationship, and Social Emotional Success (Keynote). Circles of Life Conference; Milwaukee, WI. April 21, 2016

Breakout Workshop

- Parenting in Three Parts: Nurturer, Advocate, Voice of Culture

Holding Trauma and Staying Whole: Building Reflective Supervision Skills. Judicial Council of California: Family Law Education Program; San Diego, CA. March 25, 2015

Culturally Respectful Relationship-Based Care (Keynote). Fulfilling the Promise Conference; Wisconsin Dells, WI. February 25, 2015

Culturally Sensitive Practice: Engagement without Insult. 11th Annual Statewide Conference: Integrating Substance Use, Mental Health, and Primary Care Services in Our Communities; Los Angeles, CA. October 22, 2014

How to Measure a Relationship: A practical approach to dyadic interventions. Featured Speaker: Pennsylvania Infant Mental Health Conference; Harrisburg, PA. October 16 - 17, 2014

Reflective Practice Training for Headstart and Early Headstart Staff. Los Angeles Office of Education; Los Angeles, CA. September 16 - 18, 2014

Bringing Culture into the Reflective Practice Experience (Keynote). Wisconsin Infant and Early Childhood Mental Health Conference; Elkhart, WI. June 16 - 17, 2014

Reflective Practice: Building Relationships of Support. First 5 Contra Costa Children and Families Commission; Concord, CA. April 14 - 15, 2014

How Relationships Build the Brain and Repair Trauma. Foothill Child Abuse and Family Violence Prevention Council; Alhambra, CA. March 14, 2014

The Culture of Supervision: Exploring issues of Diversity within a Reflective Experience. 5th Annual Pennsylvania Infant Mental Health Conference; Philadelphia, PA. October 17 - 18, 2013

Changing the World One Relationship at a Time. Harbor UCLA Medical Center, Department of Pediatrics, Grand Rounds; Torrance, CA. May 30, 2013

Creating Success in Families: Using knowledge of early brain development and attachment to create treatment success. State of Nevada: Division of Child and Family Services; Las Vegas, NV. February 20 - 21, 2013

Reflective Practice: working in support of children & families (Keynote). Alaska Association of Education for Young Children; Anchorage, AK. January 30, 2013

Bringing Culture in to the Pediatric Visit. ZTT National Training Institute Medical Providers Training Day; Los Angeles, CA. November 28, 2013

Teen Mothers in Foster Care: Supporting Relationships of Nurturance. Children's Law Center Infant Mental Health Training Series; Los Angeles, CA. August 17, 2011

Celebrating Diversity and Honoring Difference. Detroit-Wayne County Infant Mental Health Training Program; Detroit, MI. July 20 - 21, 2009

Family Engagement without Microaggressions: Culturally Sensitive Practice. Michigan Association for Infant Mental Health Conference; Ann Arbor, MI. April 26 - 28, 2009

Ready for School, Ready to Learn: Exploring the Impact of Social-Emotional Cultural Development on School Readiness. 25 Years of Racial-Cultural Issues in Psychology and Education; Teacher's College Columbia University; New York, NY. February 15 - 16, 2008

Creating Positive Outcomes for Children. South African Association of Child and Adolescent Psychiatricians and Allied Professionals; Cape Town, South Africa. September 14, 2007

Capacity Building: Creating Diversity within the Infant Mental Health Field
Keynote. Michigan Association for Infant Mental Health Conference; Ann Arbor MI.
May 6 - 8, 2007

Breakout Workshop:

- Using Science to Create Effective Treatment Models